

Join Master Tony Wong's Workshop on

8-Energy Maneuver Drills & 2-person Sparring Set

太極八法二人對練功



In-depth training in the HunYuan Eight Energy Maneuver Drill and Two-Person Sparring Set based on the Taiji Eight Energies foundation:

peng (棚) "to expand, maintain", lu (捋) "redirect, deflect to the side", ji (擠) "press forward", an (按) "press downward", cai (採) "pluck & pulldown", lie (掄) "split", zhou (肘) "elbow strike", kao (靠) "leaning strike".

**Sun, June 7: 9 am-4 pm
Sun, June 21: 9 am-4 pm**

**McKenzie Park,
707 Fremont Ave., Los Altos, CA 94024**

REGISTER HERE:

<https://forms.gle/5rwM1CDQbZfVxvt17>

Or visit: <http://chenfamilytaiji.com>. Special Events



- **Master practical Taiji stepping**
- **Unlock superior combat agility**
- **Bridge the gap between tradition and function**
- **Tackle common misconceptions by focusing entirely on martial application.**

Structured across two separate Sundays. This format gives you the crucial time to practice, review, and truly master the techniques.

Master Wong Wai Yi (Tony) 黃偉兒老師: 美國陳式太極拳聯會

- **Chief Instructor of American Chen Taiji Society (ACTS)**
- **International Taiji Competition First Grade Award & Gold Medalist in China**
- **Sr. Instructor in Chen Qingzhou Martial Arts Association accredited by China's Ministry of Education**
- **Renowned Instructor ("Ming Shi", 名師) certified by Board of Wen Xian Int'l Taijiquan Conf., China**